

# AMELIA LOVES KALE

@AMELIALOVESKALE



AMELIALOVESKALE.COM

WRITER +  
CONTENT  
CREATOR

# ABOUT ME

DIGITAL GURU

WRITER

CONTENT CREATOR

Charleston, South Carolina  
amelia@amelialoveskale.com

## STATS

11k website visitors

10.3k instagram followers



# THE BRAND

When I created this blog I was a yoga loving, Crossfit doing, veggie obsessed college student studying exercise science and nutrition at the College of Charleston who wanted to share her health and wellness journey with the world. I wanted the world to know how living a healthy lifestyle entirely changed my life and the way I view the world, in hopes that I could help someone else do the same.

As Amelia Loves Kale continues to grow, I plan to stick close to these values and work with brands who also want to change the world through health, wellness and fitness.

WRITING

BLOG FEATURE

INSTAGRAM PROMO

BRAND AMBASSADOR

Follow me on all my social media channels (@amelialoveskale) for updates!